

# Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services



## Black Grapes

**Grapes are good for you because:** they are a good source of Vitamin C, which acts as an antioxidant and protects your body against damage from free radicals, dietary fiber (helps you stay full for longer) and vitamin K.

### Farm to School ~

Grapes are grown throughout the world. The largest grower is Spain, then France and Italy. The United States is ranked 5th for grape production. About 70% of all grapes grown in the world are used to make wine and only 2% of grapes grown are used for juice!

### Selection and Storage ~

Select grapes that are firmly attached to the stem, do not have any bruises and are firm to the touch. Store grapes in a plastic bag in the refrigerator for up to 1 week.

### Origin ~ Where did it come from?

The first grape was harvested back in 6000 BC in the Middle East. Currently there is only one type of grape that is native to the United States: the concord grape (it is a very common grape used for jelly), all other grapes grown in the US are imported.

### Fun Facts



Grapes come in many colors: white, red, black, blue green, purple and golden.

Grapes are actually relatives of berries.

The average person eats about 8lbs of grapes per year!



## Word Search

### Grapes

S R H C U E N L R H  
E D Z O S Q C W E T  
N D R N E V A I D S  
I E V C I G J R U Z  
V V J O E P A R G J  
B O U R L I Y L U W  
D L X D S R W R V L  
S E U I R G R E E N  
N I N E L Y S H E H  
H B B P A I T L U G

BERRY  
GRAPE  
RAISIN

BLUE  
GREEN  
RED

CONCORD  
JUICE  
VINES



# Fresh Fruit and Vegetable Program

## GRAPES COLORING



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services

